

# CONTROLLED F.O.R.C.E.®

## TRAINING MANAGEMENT SYSTEMS

### > Level 1: Mechanical Advantage Subject Control

Controlled F.O.R.C.E. Level 1 teaches personnel how to control a non-compliant subject utilizing body positioning, movement, momentum, and joint manipulation. The system is based on five Mechanical Advantage Control Holds (M.A.C.H.™) that use a subject's resistance against himself/herself. Each technique of Controlled F.O.R.C.E. can be taught in minutes, saving valuable training time. These tactics greatly reduce the risk of injury to operators and to the subjects they encounter.

#### CONTROLLED F.O.R.C.E.

##### Subject Control Training

was developed with the specific needs of the law enforcement officer in mind. Some of the system's hallmarks that thousands of officers have found useful for police work include:

- **SIMPLICITY OF USE**
- **HIGH RETENTION**
- **FUNCTIONALITY**
- **ADAPTABILITY**
- **TEAMWORK**
- **EFFECTIVENESS**



#### THE MECHANICAL ADVANTAGE

Because the system emphasizes Mechanical Advantage over pressure points or pain compliance, the techniques work on any subject regardless of size, strength, skill, psychological state, or level of intoxication or chemical influence.

**Controlled F.O.R.C.E. is appropriate and proven to work for:**

- Law Enforcement
- Adult Corrections
- Juvenile Justice
- Security
- Protective Services
- Military



#### 1> BODY POSITIONING DRILLS

This category helps to understand the importance of body control. Without the use of hands, concentration is centered on how the body moves and reacts. These drills are called "Sticky Situations." These components give the ability to control an opponent with increased effectiveness and safety for all involved, and to gain advantage over an opponent through positioning, movement, leverage, transition and teamwork.

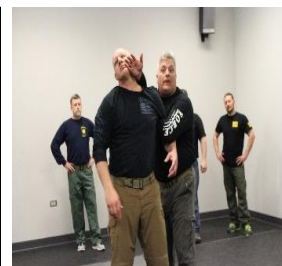
#### 2> MECHANICAL ADVANTAGE CONTROL HOLDS

M.A.C.H.™ is a series of five techniques that use positioning, movement, body momentum, and resistance to subdue a subject in a controlled manner. These five holds can flow from one to another in any sequence, allowing adjustment to the subject's unpredictable actions. M.A.C.H.™ holds respond to a subject's resistance, meaning the subject determines the amount of force needed to gain control.



#### 3> M.A.C.H.™ TAKEDOWNS & HANDCUFFING

This category teaches an individual how to use the M.A.C.H.™ holds to successfully take the suspect down in a controlled manor and roll them into the prone positioning for handcuff application. Reading off the off the opponent's momentum to decide which hold/takedown works best.



#### 4> M.A.C.H.™ TEAM ARREST TACTICS

This category teaches verbal and physical communication skills and tactics for use when two or more personnel have exhausted all alternatives and are forced to physically gain control of a resisting subject. Focuses on the relationship between communication and safety in teamwork tactics.



#### 5> M.A.C.H.™ BATON SUBJECT CONTROL

This category teaches personnel how to use the baton as a TOOL to increase leverage and control while applying the M.A.C.H.™ techniques. While Controlled F.O.R.C.E. does not teach strikes, this category answers the question of what to do with the baton once it is drawn and striking is unnecessary.



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## TRAINING MANAGEMENT SYSTEMS

### > Level 2: Survival Force Reactionary Defense

Controlled F.O.R.C.E. Level 2 teaches personnel how to survive a surprise attack and then transition to control tactics. The system builds upon the basic principles of body movement and positioning learned in Level 1. Where Level 1 teaches personnel how to control and arrest an aggressive subject, Level 2 prepares the operator for the sudden and violent situations that are not expected. These techniques are proven to save lives.

#### P.O.S.T. APPROVED

Controlled F.O.R.C.E. has been used by federal, state, and local agencies and is P.O.S.T. Approved or equivalent in 28 states.

#### CERTIFICATIONS:

- **POST Approval** - Peace Officer Standards and Training-Certified in 28 states (call for list of states)

- **CLEA** - Council of Law Enforcement Education

- **USNSTA** - United States National Standards of Training Association



If budget constraints are preventing you from maintaining a current Controlled F.O.R.C.E. Instructor Certification, you can now re-certify for a fraction of the cost of hands-on training.

*Don't get caught with the Liability*

**CALL FOR DETAILS**  
**1-800-301-9292**



#### 6> HAND-TO-HAND DISRUPTION TECHNIQUES

This category teaches personnel how to protect themselves from a sudden open-hand attack and use “strikes with a purpose” to disrupt the assault. Lead Hand Drills develop eye/hand coordination and teach skills for moving from the inside to the outside position of advantage.

#### 7> BATON DISRUPTION TECHNIQUES

This category teaches personnel how to use the baton as a TOOL to disrupt a sudden attack and to protect the head and face from damage. Personnel are taught how to use the baton to increase their blocking surface and to use “strikes with a purpose” to disrupt the attack.



#### 8> EDGED WEAPON AWARENESS AND DEFENSE

This category teaches personnel how to avoid getting cut in a sudden edged-weapon attack and to transition to a control tactic or escalate force as necessary. These techniques focus on SURVIVING AN EDGED WEAPON ATTACK.



#### 9> GROUND DEFENSE AND ESCAPES

This category teaches personnel how to protect from attacks on the ground and to escape to a position of advantage. Incorporating M.A.C.H.™ holds and Lead Hand Drills, these techniques focus on ESCAPING FROM AN ATTACK ON THE GROUND, and do not teach ground fighting tactics.



#### 10> IN/OUT OF HOLSTER WEAPON RETENTION AND DISARMS

This category teaches personnel how to retain a holstered sidearm from a weapon grab using positioning and body movement/how to retain a drawn sidearm, and teaches personnel with confidence and control, from a surprise weapon grab, and giving personnel life-saving options for situations where someone tries to grab their sidearm. These simple techniques are easy to remember and highly effective.



#### Operational Design Capability

All levels of the Controlled F.O.R.C.E. Close Quarters Subject Control Training System can be absorbed in whole or in part into existing doctrine or can be configured on an as-needed basis.

**We specialize in developing unit specific modifications and additions to any or all aspects of our training.**

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## TRAINING MANAGEMENT SYSTEMS

### > Level 3: Combative Counter Measures Training

Combative Counter Measures Training teaches officers how to survive a combative situation when confronted and attacked by a street-wise assailant or professionally trained enemy combatant. This training program has been specifically designed to flow directly from Controlled F.O.R.C.E. Levels 1 & 2 and back again as the use of force levels escalate and de-escalate throughout a given situation. The officer will already know how to successfully react to an initial attack using Controlled F.O.R.C.E. Levels 1 & 2. Controlled F.O.R.C.E. Level 3 concentrates on officer survival in hands-on situations that continue beyond the initial attack, or in any situation that elevates above a passive level of resistance.

#### INSTRUCTOR DEVELOPMENT

Controlled F.O.R.C.E. has trained more than 10,000 front-line instructors domestically and abroad such as:

- Federal Bureau of Investigations (F.B.I.)
- Drug Enforcement Administration (DEA)
- Department of Homeland Security (DHS)
- European U.S. Air Force Security Forces (USAFE)



Our Instructors have more than **20 years** experience and expertise.

GSA Contract Holder

**SBA**  
8(a) Certified

#### 11> M.A.C.H.™ 1-5 IN REVERSE

This category of M.A.C.H.™ holds in reverse, teaches the student how to engage the subject when caught on the inside of the attack, and get to the outside. All these holds in reverse move the subject in a forward direction.



#### 12> M.A.C.H.™ HOLDS 6-10

M.A.C.H.™ 6-10 are advanced control holds that are more aggressive in nature than M.A.C.H.™ 1-5, and do not have as natural a flow of transition. These advanced holds have a devastating ability to overwhelm a subject, so GREAT CARE MUST BE TAKEN during these drills.



#### 13> COUNTER MEASURE HAND TO HAND DRILLS

This drill is designed to enhance eye/hand coordination while developing your Striking, Blocking, and Counter Striking skills. In this drill, you and your training partner are simultaneously the attacker and the defender.



#### 14> COUNTER MEASURE COLLAR TIES DRILLS

These drills teach you how to gain an inside position and either disengage or takedown your opponent in situations where your attacker is too close to use other control techniques. The first two Hand Fighting Drills will develop your fundamental skills for gaining an inside position, while the subsequent drills will teach you how to control and direct an opponent and transition to disengagement, takedown, or body lock tactics.



**TRAINING THE PROTECTORS OF THE UNITED STATES**

**MILITARY-LAW ENFORCEMENT-CORRECTIONS-SECURITY**

FOR TRAINING SCHEDULE AND REGISTRATION, GO TO [www.controlledforce.com](http://www.controlledforce.com)



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## TRAINING MANAGEMENT SYSTEMS



### > Level 4: WEAPON HANDLING & MANIPULATION TRAINING

Officer/Operator movement and small response team tactics, shooting drills, transitioning from a barricade position as well as left and right side of the body. This portion of training is designed to encompass all the skill sets necessary to respond with other officers' present and weapons deployed.



#### 15> WEAPON MANIPULATION WHILE MOVING/ PRIMARY/SECONDARY WEAPONS L-DRILLS

This category will teach students how to properly manipulate their weapon from their strong side to their support side, proper foot work with transitions, using peripheral vision and muzzle discipline, all while constantly moving with a target acquired.

#### 16> LEAP FROG DRILLS, SMALL TEAMS WITH MULTIPLE AOR'S (AREAS OF RESPONSIBILITIES)

This section of training will teach the students proper footwork, muzzle discipline, how to communicate with one another all while wielding weapons and moving towards and away at an angle from constantly changing AOR'S.



#### 17> ROOM SCANS

This category of training will teach the students a quick and effective way to scan rooms while working on constantly changing AOR'S, muzzle discipline, weapon transitions, non-verbal communication, rear security and the ability to cover many rooms within seconds.

#### 18> ROOM ENTRIES, LEFT & RIGHT CORNER AND CENTER FED ROOMS

This section of training teaches students the 3 most common room styles and how to enter and exit as a team with multiple AOR'S. Going to the "unknown" and not over penetrating, communication and muzzle discipline along with multiple transitions from strong side to support side and back.



#### 19> LIVE FIRE RANGE DAY

This live fire training is not a marksmanship course for the students, it's more of a familiarization training to get them more comfortable with the handling of their primary and secondary weapon systems along with multiple magazine changes, weapon transitions, support side shooting and trigger control. This is point shooting for CQC (close quarter combat) style threats.

We specialize in developing unit specific modifications and additions to any or all aspects of our training